

# CRA FITNESS SCHEDULE

See next page for class descriptions.

All classes are at the CRA.

Effective December 2021

DAY	TIME	CLASS	INSTRUCTOR	LOCATION
<b>Monday</b>	8:30 am	Hi Lo Infusion	Cathy	CRA
	4:30 pm	Yoga Stretch	Marsha	CRA
	5:30 pm	Strength and Stretch	Marsha	CRA
<b>Tuesday</b>	5:05 am	Sunrise 50	Katie	CRA
	8:30 am	Yoga with Static Stretching	Gary	CRA
	5:30 pm	Dance Party Fitness*	Carolan	CRA
<b>Wednesday</b>	8:30 am	Core and Cardio Drumming	Cathy	CRA
	4:30 pm	Yoga Stretch	Marsha	CRA
	5:30 pm	Strength and Stretch	Marsha	CRA
<b>Thursday</b>	8:30 am	Bikram Yoga Method	Gary	CRA
	5:30 pm	Dance Party Fitness*	Carolan	CRA
<b>Friday</b>	8:30 am	Hi Lo Infusion	Cathy	CRA
<b>Saturday</b>	8:30 am	Flex & Flow Yoga	Marsha	CRA
<b>Sunday</b>	9:30 am	Beginner Yoga	Gary	CRA

\* Beginning January 4, 2022

Cost: Free to members, \$8 per class for non-members

Please contact Charlene with any questions at 413-684-0260 or [cauger@daltoncra.org](mailto:cauger@daltoncra.org).



400 Main Street • Dalton, MA 01226 • 413-684-0260 • [daltoncra.org](http://daltoncra.org)



# FITNESS CLASS DESCRIPTIONS

**All classes are at the CRA.**

## Cardio/Strength Training Class

**Hi-Lo Infusion:** Cathy Doyle combines fun basic high and low impact choreography that's easy to follow and is guaranteed to burn lots of calories. **All Levels**

**Sunrise 50:** Wake up and burn with Katie West! This 50 minute class uses a combination of cardiovascular exercise, strength training, and core work to torch fat and sculpt your best body. This is an intense workout that will keep you moving for almost an hour. The aim is to keep you guessing and challenge you differently each class. All fitness levels are welcome as modifications and challenging alternatives will be provided. **All Levels**

**Dance Party Fitness\*:** Join Carolan Bonnet for a fun and mood-boosting follow along dance fitness class that combines pop, Latin, international, show tunes, and throwback music with dance moves. No dance experience needed! **All are welcome!**

**Core and Cardio Drumming:** Join Cathy for a fun low impact cardio and core workout using fitness balls, drumsticks, and weights. **All Levels**

## Yoga Classes

**Beginner Yoga:** Join Gary Davis for this Beginner Yoga class combining dynamic and static stretching with yoga poses. You will be able to slow down, focus on your breathing, and find that much needed deeper stretch. Each class will end with a relaxation pose leaving you feeling refreshed and ready to start your day. **Beginner Friendly but good for All Levels**

**Flex & Flow Yoga:** Marsha Anthony teaches a Vinyasa flow class which will awaken the body's energy, through the linking of several poses as we move fluidly with our breath to create strength, flexibility, endurance, and balance. Working all parts of our bodies equally, the poses help to create balance in the body which complements the activities of our daily lives. **Beginner/Intermediate**

**Yoga Stretch:** Join Marsha for this gentle to moderate Yoga class to open your body with gentle stretching. You will strengthen your core, increase flexibility, and find relaxation. Bring a yoga mat, 2 yoga blocks, a yoga strap, and a beach towel. **Beginner/Intermediate**

**Strength & Stretch:** Join Marsha in this fun strength and yoga stretch class which incorporates Yoga, Pilates, strength and balancing moves for a full body workout. Using our own body-weight, Pilates balls, weights, physio balls, resistance bands, and more to increase flexibility, get stronger, and improve balance. **Beginner/Intermediate**

**Bikram Yoga Method:** 26 postures and two breathing exercises in a 60 minute class at room temperature. Led by certified Bikram instructor Gary Davis. **Good for all levels**

**Yoga with Static Stretching:** Join Gary for a class featuring yoga postures along with static stretching for a full body workout. Some longer holds while focusing on breath and movement. **All levels**

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